



UTAH FACIAL PLASTICS

Transformation you can Trust

## MicroLaser Peel/Profractional Pre- and Post-Care Instructions

### Before Procedure:

1. Shower and wash hair before procedure if desired.
2. STOP using products with Retin-A, Retinol, Glycolic acid or Salicylic acid as well as scrubs or harsh cleansers at least 1-2 days before treatment.
3. Get all shopping or errands taken care of before procedure if possible (you won't feel like doing these after).
4. Inform your practitioner of all medicines (prescription or over the counter) that you are taking before procedure.
5. Have pain relievers available (Tylenol, ibuprofen).
6. A hand held fan is a nice comfort measure to have available.
7. Inform your friends and family that you will have intense redness, mild swelling and peeling for several days.

### What to expect post procedure:

1. Mild to intense redness, mild swelling and some warm burning discomfort for several hours to a few days.
2. Stinging for a few minutes when applying product, this will subside quickly.
3. Mild pinpoint bleeding post treatment. This is perfectly normal.
4. Stay out of the sun for several days, after which you will need a higher SPF sunscreen (30 SPF or higher with 6% zinc or titanium dioxide)

### Post Treatment Care:

1. Wash hands with antibacterial soap before touching face.
2. Apply the recovery balm that we have provided for you every few hours for the first few days.
3. Keep the area cover with the balm at all times, it will be very uncomfortable if you let it dry out.
4. Wash face with the cleanser that has been provided for you starting on day 2. Gently blot off balm with as clean soft washcloth. Reapply balm after washing face. (following profractional treatment soak skin up to 5x daily and reapply laser balm after cleansing)
5. Use cold measures for comfort (air conditioner, clean ice packs, opening freezer door, stepping outside on a chilly night, etc).
6. DO NOT pick, peel, scrub or rub your face. Let the tissue heal on its own.
7. AFTER a week of healing, mineral makeup may be applied.

### ***Profractional Post Care Soaking Instructions:***

1. Dilute 2 tsp of white distilled vinegar in 8 oz water
2. Saturate clean, soft washcloth in vinegar solution
3. Soak treated area for 10-15 minutes with saturated washcloth and gently wipe off treated tissue
4. Repeat up to 5X a day while skin is actively oozing. Reapply Vaseline or laser balm.

**In the past two weeks prior to my treatment today, I have not been in the sun or used sunless tanning creams. Initial: \_\_\_\_\_**

If you experience excessive pain or swelling, signs of infections, or any other concern call (801) 776-2220 during office hours. For increased redness swelling or uncontrolled pain please contact your provider at (760) 420-9859.